

# Okkhā Sutta

SN II 20.4 Discourse on the Pots of Food

*Translated from the Pāḷi by Ānanda*

*Revised Dec. 2019*



Residing at Sāvatti.

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Bhikkhus,

Someone could offer a hundred pots of food in the morning,  
A hundred pots of food in the middle of the day,  
And a hundred pots of food in the evening.

Yet, if someone developed a mind of loving-kindness in the morning,  
Developed a mind of loving-kindness in the middle of the day,  
Developed a mind of loving-kindness in the evening,

Even just for the time of pulling a cow's udder,

This would bear much greater fruits.

Therefore, bhikkhus, thus you should train:

We will develop meditation on Loving-Kindness,  
Cultivate it, make it our vehicle, make it our foundation,  
Master it, attend to it and undertake it extensively.

You should desire, bhikkhus, to train in this way.

*Fourth*